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# THE WELLNEST PORTFOLIO

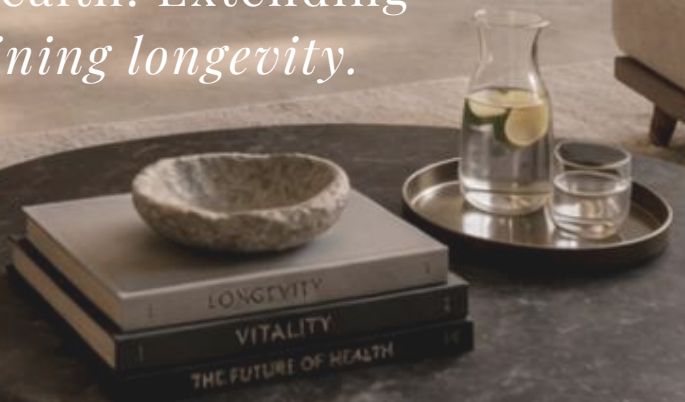
LONGEVITY • PERFORMANCE • OPTIMISATION

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*Where precision medicine meets  
human performance.*



Engineering health. Extending  
vitality. *Redefining longevity.*



# CLINICAL & WELLNESS SERVICES

A curated selection of clinical and wellness services  
designed for longevity and optimisation.

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# ABOUT WELLNEST

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A private health and longevity institute  
delivering advanced diagnostics,  
physician-led care, and personalised  
optimisation to strengthen biology,  
elevate energy and extend healthspan.

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## The WellNest Method

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WellNest integrates three essential pillars of modern longevity medicine.

### Precision Diagnostics

Understanding the body through advanced biomarker testing, genetic insights, and metabolic analysis.

### Personalised Therapeutics

Applying targeted therapies, regenerative protocols, and nutritional strategies tailored specifically to each individual.

### Continuous Optimisation

Monitoring progress and refining strategies to ensure sustained improvements in health, resilience, and performance.

Together, these pillars create a measurable pathway toward *long-term vitality*.

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## The WellNest Model

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Health optimisation at Wellnest follows a structured pathway.



### Discovery

A detailed physician consultation exploring your health history, lifestyle, and performance goals.

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### Diagnostics

Advanced testing and biomarker analysis revealing the systems influencing your health.

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### Optimisation

Personalised therapies designed to support metabolism, hormones, recovery, and cellular energy production.

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### Longevity

Continuous monitoring and refinement of protocols to maintain peak health for years to come.

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# The Biological Pillars of Longevity

Five core biological systems determine the quality and longevity of human life. At WellNest, our protocols are designed to optimise each of them.

## Metabolic Health



Metabolism determines how efficiently the body converts nutrients into usable energy. When metabolic systems function properly, the body maintains stable blood sugar, balanced insulin sensitivity, and sustainable energy levels.

Through targeted diagnostics and metabolic optimisation strategies, we help restore metabolic flexibility and long-term resilience.

## Hormonal Balance



Hormones regulate nearly every physiological function, including mood, recovery, muscle development, and cognitive clarity.

Our hormone optimisation protocols focus on restoring healthy hormonal signalling and maintaining balance across the body's endocrine system.

## Cognitive Performance & Brain Health



Mental clarity, focus, and emotional resilience are essential components of long-term wellbeing.

Our cognitive optimisation strategies support neurological health, brain metabolism, and stress regulation to maintain clarity and performance over time.

## Cellular Energy & Mitochondrial Health



Every biological process relies on cellular energy production. Mitochondria, the energy engines of the body's cells, play a central role in vitality, recovery, and longevity.

Our therapies are designed to support mitochondrial efficiency and cellular repair, enhancing energy production at the deepest biological level.

## Recovery & Regeneration



The body's ability to recover from stress, travel, training, and daily demands determines how well it performs and how gracefully it ages.

Wellnest integrates advanced recovery therapies designed to accelerate repair, reduce inflammation, and restore balance to the nervous system.

# CLINICAL ASSESSMENTS

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Precision-led medical assessments  
designed to uncover, optimise, and  
elevate your long-term health and  
performance.

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# Clinical Assessments

## Clinical Packages

|  |        |
|--|--------|
| Baseline 360° Health & Longevity Assessment  | R5,900 |
| A comprehensive evaluation of your health profile including advanced diagnostics, biomarker analysis, and personalised optimisation planning.                                      |        |
|  45-minute physician consultation<br>15-minute therapeutic strategy session with Master Clinician |        |
| Metabolic & Weight Optimisation Consultation   | R3,890 |
| Focused on metabolic efficiency, insulin sensitivity, and sustainable body composition strategies.   |        |
|  30-minute physician consultation   |        |
| Hormone Optimisation Consultation  | R2,890 |
| An in-depth assessment identifying hormonal imbalances affecting energy, recovery, and overall wellbeing.  |        |
|  30-minute physician consultation   |        |
| Targeted Peptide Strategy Consultation   | R1,200 |
| A focused consultation designed to evaluate targeted peptide protocols that may support your health goals.   |        |
|  15-minute physician consultation   |        |
| Targeted Supplement/IV Assessment  | R2,190 |
| A focused consultation designed to evaluate targeted supplements/IV that may support your health goals.  |        |
|  25-minute physician consultation   |        |
| Follow-Up Doctor Consultation & Clinical Review  | R2,500 |
|  30-minute physician consultation reviewing progress and refining your optimisation strategy.   |        |
| Telehealth Consultation  | R990   |
|  10-minute physician consultation available remotely.   |        |
| Prescription Fee   | R350   |

## In-Clinic Consultation (Standard)

### Standard Consultation

|  |        |
|--|--------|
|  15-minute consultation | R1,200 |
|  30-minute consultation | R2,400 |
|  60-minute consultation | R4,500 |

## Concierge Medical Consultation (At-Home)

Weekdays Normal Hours R2,300

 20-minute consultation

Weekdays After Hours 9pm-7am R3,550

 20-minute consultation

Normal Hours Sunday and Public Holiday R3,550

 20-minute consultation

After Hours 4pm-9pm R2,950

 20-minute consultation

Saturday 7am - 9pm R2,950

 20-minute consultation


Saturday 9pm - 7am R3,550

 20-minute consultation

## Private Concierge Medical Consultation (Online Telehealth)

|  |        |
|--|--------|
| Weekdays Normal Hours  | R1,980 |
|  20-minute consultation |        |
| Weekdays After Hours 9pm-7am   | R2,485 |
|  20-minute consultation |        |
| Normal Hours Sunday and Public Holiday   | R2,485 |
|  20-minute consultation |        |
| After Hours 4pm-9pm  | R2,065 |
|  20-minute consultation |        |
| Saturday 7am - 9pm   | R2,065 |
|  20-minute consultation |        |
| Saturday 9pm - 7am   | R2,485 |
|  20-minute consultation |        |

## Wellness Consultation

|  |        |
|--|--------|
| Master Therapeutics Consultation   | R2,500 |
| Master Therapeutics consultation with our Senior Wellness Consultant, Steve Uria                           |        |
|  15-minute consultation |        |



### Baby Analysis Report

| Patient Information    |  | Date  |      |
|------------------------|--|-------|------|
| Name                   |  | Month | Year |
| Age                    |  |       |      |
| Gender                 |  |       |      |
| Weight                 |  |       |      |
| Height                 |  |       |      |
| Head Circumference     |  |       |      |
| Temperature            |  |       |      |
| Heart Rate             |  |       |      |
| Blood Pressure         |  |       |      |
| Respiratory Rate       |  |       |      |
| Oxygen Saturation      |  |       |      |
| Glucose                |  |       |      |
| Hemoglobin             |  |       |      |
| Hematocrit             |  |       |      |
| White Blood Cell Count |  |       |      |
| Platelet Count         |  |       |      |
| Urea Nitrogen          |  |       |      |
| Creatinine             |  |       |      |
| Bilirubin              |  |       |      |
| Albumin                |  |       |      |
| Calcium                |  |       |      |
| Phosphorus             |  |       |      |
| Sodium                 |  |       |      |
| Potassium              |  |       |      |
| Magnesium              |  |       |      |
| Zinc                   |  |       |      |
| Copper                 |  |       |      |
| Iron                   |  |       |      |
| Vitamin A              |  |       |      |
| Vitamin B12            |  |       |      |
| Vitamin D              |  |       |      |
| Vitamin E              |  |       |      |
| Vitamin K              |  |       |      |
| Folate                 |  |       |      |
| Cholesterol            |  |       |      |
| Triglycerides          |  |       |      |
| HDL Cholesterol        |  |       |      |
| LDL Cholesterol        |  |       |      |
| Protein                |  |       |      |
| Albumin                |  |       |      |
| Globulin               |  |       |      |
| Proteinuria            |  |       |      |
| Glucosuria             |  |       |      |
| Ketones                |  |       |      |
| Urobilinogen           |  |       |      |
| Bilirubin              |  |       |      |
| Urea Nitrogen          |  |       |      |
| Creatinine             |  |       |      |
| Bilirubin              |  |       |      |
| Albumin                |  |       |      |
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| Vitamin K              |  |       |      |
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| Cholesterol            |  |       |      |
| Triglycerides          |  |       |      |
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| Protein                |  |       |      |
| Albumin                |  |       |      |
| Globulin               |  |       |      |
| Proteinuria            |  |       |      |
| Glucosuria             |  |       |      |
| Ketones                |  |       |      |
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| Albumin                |  |       |      |
| Calcium                |  |       |      |
| Phosphorus             |  |       |      |
| Sodium                 |  |       |      |
| Potassium              |  |       |      |
| Magnesium              |  |       |      |
| Zinc                   |  |       |      |
| Copper                 |  |       |      |
| Iron                   |  |       |      |
| Vitamin A              |  |       |      |
| Vitamin B12            |  |       |      |
| Vitamin D              |  |       |      |
| Vitamin E              |  |       |      |
| Vitamin K              |  |       |      |
| Folate                 |  |       |      |
| Cholesterol            |  |       |      |
| Triglycerides          |  |       |      |
| HDL Cholesterol        |  |       |      |
| LDL Cholesterol        |  |       |      |
| Protein                |  |       |      |
| Albumin                |  |       |      |
| Globulin               |  |       |      |
| Proteinuria            |  |       |      |
| Glucosuria             |  |       |      |
| Ketones                |  |       |      |
| Urobilinogen           |  |       |      |
| Bilirubin              |  |       |      |
| Urea Nitrogen          |  |       |      |
| Creatinine             |  |       |      |
| Bilirubin              |  |       |      |
| Albumin                |  |       |      |
| Calcium                |  |       |      |
| Phosphorus             |  |       |      |
| Sodium                 |  |       |      |
| Potassium              |  |       |      |
| Magnesium              |  |       |      |
| Zinc                   |  |       |      |
| Copper                 |  |       |      |
| Iron                   |  |       |      |
| Vitamin A              |  |       |      |
| Vitamin B12            |  |       |      |
| Vitamin D              |  |       |      |
| Vitamin E              |  |       |      |
| Vitamin K              |  |       |      |
| Folate                 |  |       |      |
| Cholesterol            |  |       |      |
| Triglycerides          |  |       |      |
| HDL Cholesterol        |  |       |      |
| LDL Cholesterol        |  |       |      |
| Protein                |  |       |      |
| Albumin                |  |       |      |

# LONGEVITY & REGENERATIVE THERAPIES

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Advanced therapeutic interventions  
designed to restore, regenerate, and  
optimise biological function at a  
cellular level.

WN

# Precision IV Therapies

Targeted IV infusions to support hydration, recovery, and performance.

## Hydration + Electrolyte Reset



Hydra Prime 500

30-45mins

R750



Hydra Prime 1L

45-60mins

R850

## Recovery + Travel + Downshift



Recovery

(with Glutathione finish)

45-60mins

R1,750



Jet-Lag Recovery

(with Glutathione finish)

45-60mins

R1,750



Unwind

(with Glutathione finish)

45-60mins

R1,750

## Antioxidant + Radiance Support



Immune Defense

(with Glutathione finish)

45-75mins

R1,950



Glow

(with Glutathione finish)

60-75mins

R2,050



Antioxidant Reset

(with Glutathione finish)

60-90mins

R2,250

## Metabolic + Performance Pathways



Clarity

45-60mins

R1,650



Performance Recovery

(with Glutathione finish)

45-75mins

R1,850



Metabolic Support

(with Glutathione finish)

60-90mins

R2,050



Executive Reset 1L

(with Glutathione finish)

60-90mins

R2,650

## NAD+ Cellular Energy Ladder



NAD+ Starter (250mg)

90-120mins

R2,000



NAD+ Standard (500mg)

120-150mins

R2,500



NAD+ Advanced (750mg)

150-180mins

R3,000

# Longevity & Regenerative Therapies

Advanced recovery and regenerative therapies for performance and longevity.

|   |  |
|---|--|
| Ice Bath  | R250   |
| Cold immersion designed to support recovery, resilience, and post-training reset.   |  |
| Sauna   | R250   |
| Detoxification and cardiovascular health through controlled heat therapy.   |  |
| Contrast Therapy Session  | R420   |
| Sauna + Ice Bath  |  |
| Red Light Therapy   | R250/R500  |
| Advanced photobiomodulation for cellular health and recovery.   |  |
|  10mins                                    |  20mins |
| Collagen Tan Therapy  | R250   |
| Light-based therapy designed to support skin health, recovery, and collagen production.                                     |  |
|  10mins                                  |  |
| Body Composition Analysis   | R500   |
| Precise body composition analysis for tracking your transformation.   |  |
| <i>w/Dr</i>   |  |
| VO <sub>2</sub> Max Testing   | R3,500   |
| Comprehensive cardiovascular fitness and endurance assessment.  |  |
| <i>w/Dr</i>   |  |
| Sports Massage & Body Work  | R1,800   |
| A targeted therapy that relieves muscle tension, improves mobility, and supports recovery from physical activity or injury. |  |
|  90mins                                  |  |
| Fascia & Recovery Stretching  | R1,500   |
| A targeted therapy that relieves muscle tension, improves mobility, and supports recovery from physical activity or injury. |  |
|  60mins                                  |  |

# ADVANCED DIAGNOSTICS

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Partnering with leading global  
laboratories to deliver deeper insights  
and precision-driven health  
optimisation.

WN

# Advanced Diagnostics

Comprehensive testing designed to uncover the biological systems influencing health, performance and longevity.

Wellnest partners with leading global laboratories including DNALysis, Nordic Laboratories, Biometrix Labs and Healthspan.

These advanced tests allow us to understand your biology at a deeper level and develop precision optimisation strategies.

## DNA Core

R4,500

Genetic insights into nutrition, detoxification, metabolic pathways and exercise response.

## TruAge Biological Age Test

R11,000

Advanced methylation testing estimating biological age and longevity potential.

## Medcheck

R3,600

### Pharmacogenomics

Evaluates genetic responsiveness to over 100 medications used in cardiovascular health, psychiatry, diabetes and pain management.

## Organic Acids Test (OAT)

R6,900

Comprehensive metabolic analysis evaluating over 70 biomarkers including mitochondrial health and microbial activity.

## GI-MAP Microbiome Test

R7,500

Advanced stool analysis identifying microbial imbalances affecting digestion, immunity and inflammation

## DUTCH Adrenal Test

R5,300

Detailed cortisol rhythm analysis evaluating stress response and adrenal function.

## Hair Tissue Mineral Analysis (HTMA)

R4,195

Evaluates genetic responsiveness to over 100 medications used in cardiovascular health, psychiatry, diabetes and pain management.

## DUTCH Complete Hormone Panel

R6,800

Comprehensive evaluation of cortisol, estrogen, testosterone, progesterone and their metabolites.

DNA + Epigenetic Testing R8,950

Evaluates gene expression patterns influenced by lifestyle and environment.

NAD Metabolic Profile R4,995

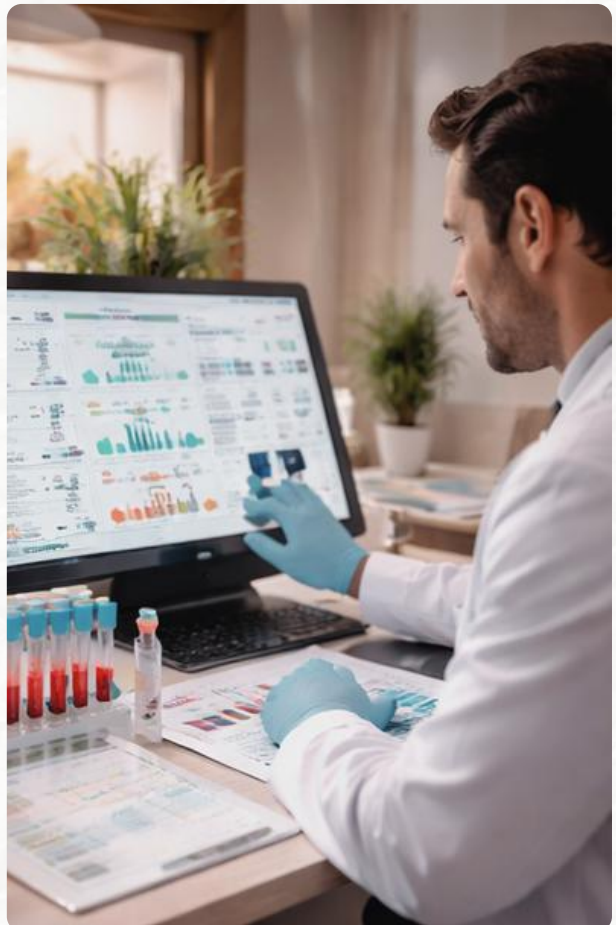
Measures NAD+, NADH and related metabolites involved in cellular energy and DNA repair.

Vibrant Neural Zoomer Plus R14,495

Advanced neurological screening detecting neuroinflammation and blood-brain barrier disruption.

Environmental Pollutant Profile R5,145

Measures exposure to key environmental toxins contributing to inflammation and metabolic disruption.



# MEDICAL & RECOVERY PACKAGES

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Structured packages designed to  
optimise health, accelerate recovery,  
and support long-term vitality.

WN

# The Foundation Wellness Package

R22,700 · 12% Annual Saving

A foundational entry into precision health, designed to establish your baseline, restore balance, and begin your long-term optimisation journey.

## WHAT'S INCLUDED



### CLINICAL FOUNDATION

4X

#### Doctor Consultations

Includes your comprehensive Baseline 360 Health & Longevity Assessment to establish your baseline, plus two dedicated follow-up reviews to optimize your path.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



### THERAPEUTIC & IV SUPPORT

1X

#### Master Therapeutics Consultation

Exclusive, one-on-one session with movement and therapeutics expert Steve Uria.

3X

#### Personalised IV Therapies

Boost your wellness from the inside out. Choose from our extensive menu of premium IV drips (note: excludes NAD+).



### PERFORMANCE TRACKING

3X

#### Body Composition Analysis Assessments

Advanced biometric analysis to accurately measure, track, and celebrate your physical transformation.

- ✓ Personalised Longevity Reports  
Data-driven insights and tracking throughout the year.



### RECOVERY & ACCESS

12X

#### Recovery Credits (1/month)

Mix and match your credits across our cutting-edge modalities:  
Sauna · Ice Bath · Red Light Therapy  
· Collagen Tan Therapy

1X

#### Annual Guest Pass

Bring a friend for a complimentary recovery session of their choice



#### Priority Access

Enjoy preferred booking times and skip the waitlist.

# The Performance Circle Package

R39,600 · 12% Annual Saving

A structured, physician-led programme designed to optimise performance, accelerate recovery, and elevate long-term health outcomes.

## WHAT'S INCLUDED



### CLINICAL FOUNDATION

4X

#### Doctor Consultations

Includes your comprehensive Baseline 360 Health & Longevity Assessment to establish your baseline, alongside dedicated follow-up reviews to consistently optimize your health strategy.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



### THERAPEUTIC & IV SUPPORT

1X

#### Master Therapeutics Consultation

Exclusive, one-on-one session with movement and therapeutics expert Steve Uria.

4X

#### Personalised IV Therapies

Boost your wellness from the inside out. Choose from our extensive menu of premium IV drips (note: excludes NAD+).



### PERFORMANCE TRACKING

4X

#### Body Composition Analysis Assessments

Advanced biometric analysis to measure, track, and celebrate your physical transformation quarter by quarter.

- ✓ Personalised Longevity Reports  
Data-driven insights and tracking throughout the year.



### RECOVERY & ACCESS

24X

#### Recovery Credits (2/month)

Mix and match your credits across our cutting-edge modalities:  
Sauna · Ice Bath · Red Light Therapy  
· Collagen Tan Therapy

1X

#### Annual Guest Pass

Bring a friend for a complimentary recovery session of their choice

6X

#### Dedicated Recovery Massages

Specialised hands-on recovery massage sessions.

#### Priority Access

- ✓ Enjoy preferred booking times and skip the waitlist.

# The Executive Circle Package

R116,000 · 12% Annual Saving

An elite, fully integrated longevity programme delivering precision care, advanced optimisation, and continuous performance oversight at the highest level.

## WHAT'S INCLUDED



### CLINICAL FOUNDATION

6X

#### Doctor Consultations

Includes your comprehensive Baseline 360 Health & Longevity Assessment together with strategic follow-ups tailored to a demanding executive lifestyle.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



### THERAPEUTIC & IV SUPPORT

6X

#### Master Therapeutics Consultation

Monthly one-on-one sessions with Steve Uria to refine movement, strength, and recovery frameworks.

6X

#### Personalised IV Therapies

Advanced, personalised IV protocols to support energy, focus, immunity, and long-term resilience (note: excludes NAD+).



### PERFORMANCE TRACKING

6X

#### Body Composition Analysis Assessments

Scheduled body composition analysis scans to monitor how your training, nutrition, and stress-management protocols are translating into measurable change.

- ✓ Personalised Longevity Reports  
Ongoing, data-informed reporting and recommendations from our medical team throughout the year.



### RECOVERY & MOVEMENT

96X

#### Recovery Credits (8/month)

Mix and match your credits across our cutting-edge modalities:

Sauna · Ice Bath · Red Light Therapy  
· Collagen Tan Therapy

12X

#### Dedicated Recovery Massages

A monthly cadence of hands-on treatments to keep your body functioning at its peak.

6X

#### Movement Strategy Sessions

Targeted programming to improve movement quality, posture, and long-term physical resilience.



## DISCOUNTS

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### Exclusive Member Discount

Enjoy an ongoing 12% off all product orders for the duration of your membership.  
15% discount On Peptides & Supplements



## OPTIONAL ADD ON

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### Concierge General Consult

Online/in person, 15 mins between 08:00 and 16:00  
Monday-Friday  
R2,500 p/m



## ACCESS

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### Unlimited Gym Access

Full access to our performance-focused training environment to integrate strength and conditioning into your routine.



### Annual Guest Pass

Share the WellNest experience with an invited guest for a dedicated recovery session during the year.



### Priority Access

Preferential bookings and tailored scheduling around your executive calendar.

# The Sovereign Circle Package

R180,000 · 12% Annual Saving

A fully bespoke, concierge-led longevity programme delivering the highest level of precision care, continuous optimisation, and complete ownership of your long-term health and performance.

## WHAT'S INCLUDED



### CLINICAL FOUNDATION

12X

#### Doctor Consultations

Continuous medical partnership across the year, from your comprehensive Baseline 360 Health & Longevity Assessment through frequent follow-ups and optimisation.

- ✓ Comprehensive baseline assessment
- ✓ Ongoing physician-led optimisation



### THERAPEUTIC & IV SUPPORT

12X

#### Master Therapeutics Consultation

Ongoing collaboration with Steve Uria to engineer elite-level movement, strength, and longevity strategies.

12X

#### Personalised IV Therapies

High-frequency, medical-grade IV support for recovery, performance, cognition, and long-term vitality (note: excludes NAD+).



### PERFORMANCE TRACKING

12X

#### Body Composition Analysis Assessments

Monthly body composition analysis scans to precisely track body composition, metabolic shifts, and training outcomes.

- ✓ Personalised Longevity Reports  
Comprehensive, data-rich reporting and strategic refinement from your WellNest medical team.



### RECOVERY & MOVEMENT

144X

#### Recovery Credits (12/month)

A concierge-level approach to recovery, allowing you to build a tailored schedule using:  
Sauna · Ice Bath · Red Light Therapy  
· Collagen Tan Therapy

12X

#### Dedicated Recovery Massages

Regular, structured massage therapy to offset high performance demands and accumulated stress.

12X

#### Movement Strategy Sessions

Monthly deep dives into movement, posture, and structural balance to future-proof your body.



## DISCOUNTS

---



### Exclusive Member Discount

Enjoy an ongoing 12% off all product orders for the duration of your membership.  
20% discount On Peptides & Supplements



## OPTIONAL ADD ON

---



### Concierge General Consult

(Online/in person, 15 mins)  
between 08:00 and 16:00  
(Monday–Friday)  
R2,500 p/m



## ACCESS

---



### Unlimited Gym Access

Full access to our performance space to integrate training, conditioning, and movement practice.



### Guest Recovery Session

An annual opportunity to host a guest for a curated recovery session at WellNest.



### Priority Access

Highest-priority bookings and concierge-level support from the WellNest team.

# Physical Modalities Packages

## Day Pass

R1,000

*One-day access to recovery and fitness facilities*

GYM • SAUNA • ICE BATH • COLLAGEN TAN THERAPY

*Add Body Composition Analysis for an **extra R500***

## Monthly Membership

R8,000  
p/m

*Ongoing access to recovery and fitness facilities*

GYM • SAUNA • ICE BATH • COLLAGEN TAN THERAPY

*Add Body Composition Analysis for an **extra R500***



# The WellNest Difference

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WellNest was created to **redefine** how modern **healthcare** is experienced.

Our institute integrates physician-led medicine, advanced diagnostics, regenerative therapies, and a hospitality-driven environment to deliver a deeply **personalised** optimisation experience.

Unlike traditional healthcare systems that operate reactively, WellNest focuses on proactive strategies designed to protect long-term vitality.

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## The WellNest Commitment

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*Health is the foundation of every extraordinary life.*

At WellNest, every consultation, therapy, and protocol is designed with a single objective: to **support** long-term **vitality** and **resilience**.

Through **precision** diagnostics, personalised strategies, and continuous optimisation, we help our clients protect their most valuable asset, their health.

Because longevity is not simply about adding years to life.

It is about ensuring those years are lived with strength, clarity, and **purpose**.





Precision Health  
Longevity Optimisation  
Human Performance

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